

NEWS FOR YOU:

WELL BEING CLINICS:

FOOT CARE CLINICS will be held this month at the Center on **Wednesday, August 21st & Wednesday, August 28th from 9:00 am – 11:00 am and Tuesday, August 27th 12:30 – 3:30 pm.** Call 437-6902 to schedule an appointment with Rita Stanton.

Hearing Aid Check-up & Cleaning: Jack Schulte, of Beltone Hearing Aid Service will be here on **Tuesday, August 20th at 10:00am**, walk in appointments at no charge.

LOCAL SUPPORT GROUPS:

PARKINSON'S SUPPORT GROUPS:

Mount Horeb Library: 10:00am on the 3rd Tuesday of every month.

Verona Senior Center, the 3rd Wednesday of the month at 10:15am.

CAREGIVERS SUPPORT GROUP:

VERONA SENIOR CENTER CAREGIVER SUPPORT GROUP: Meeting held at 108 Paoli Street, Verona. This meeting meets the 3rd Tuesday of the month at 10:30am. Contact Becky Losby at 845-7471 with questions.

Alzheimer's & Dementia Alliance of Wisconsin will have a meeting at the Fitchburg Senior Center, 5510 E. Lacy Road, on the 2nd Thursday at 10:00-11:30am. Contact Alzheimer's & Dementia Alliance at 232-3400 with questions.

NUTRITION:

Blue Mounds Food Pantry: The Food Pantry is open every Thursday from 9-11am and 4-6pm. They are located at 11010 Black Hawk Drive. People are welcomed every week.

Mount Horeb Food Pantry: The Food Pantry will be open from 9-11am on the third Wednesday of each month. This is open to all Senior Citizens in the Mount Horeb area.

Second Harvest Mobile Food Pantry: The Mobile Food Pantry is open the second Tuesday of each month in Black Earth at the New Heights Lutheran Church, 1705 Center Street, Black Earth, from 4:00-5:00pm. ****PLEASE NOTE: Changes have been made by Second Harvest, You may only go through for yourself, no additional carry outs allowed!! Bring own boxes and bags.**

VOLUNTEER OPPORTUNITIES:

Helping Hands Group: This group will meet on **Monday, August 5th & August 19th at 9:30am.** They are very busy currently stuffing bears to donate to local hospitals.

RSVP: Driver Escort rides for doctor, dentist, etc., contact **RUTH DUFFY @ 437-8984.** Persons must be able to transfer on their own into a vehicle. **A three-working day notice is requested.**

HAVE YOU EVER WONDERED WHERE TO GET A LIST OF POTENTIALLY INAPPROPRIATE MEDICATIONS FOR USE IN OLDER ADULTS? This is a list called AGS BEERS CRITERIA and it is a very lengthy list, so if you have access to a computer here is the [URL:www.americangeriatric.org](http://www.americangeriatric.org) or see Jane at the Center and get a copy, it may surprise you what is all listed; this is good to know information.

Nutrition Nook: Five A Day The Color Way; Eat Your Colors Every Day To Stay Healthy & Fit: Colorful fruits and vegetables provide a wide range of vitamins, minerals, fiber & phytochemicals each body needs to stay healthy & energetic, help maintain a healthy weight, protect against the effects of aging, and reduce the risk of cancer and heart disease. Eat 5 to 9 servings of fruits and vegetables from all colors of the rainbow!! **Blue/Purple:** Helps maintain a lower risk of some cancers, Urinary tract health, Memory function & Healthy aging – Try blackberries, blueberries, plums, purple grapes, raisins, purple cabbage, eggplant & purple potatoes. **Green:** Green fruits and vegetables help maintain: Vision health, a lower risk of some cancers, Strong bones and teeth – Try green apples, green grapes, honeydew, broccoli, green beans, green cabbage, cucumbers, leafy greens, peas, green pepper & zucchini. **White:** White, tan & brown fruits and vegetables help maintain: Heart health, Cholesterol levels that are already healthy, a lower risk of some cancers – Include these in your meals and snacks: bananas, dates, brown pears, cauliflower, mushrooms, onions, white potatoes & turnips. **Yellow/Orange:** Yellow and orange in your low-fat diet helps maintain: A lower risk of some cancers, A healthy heart, Vision health & A healthy immune system – Choose apricots, cantaloupe, grapefruit, oranges, peaches, pineapple, butternut squash, carrots, sweet corn & sweet potatoes. **Red:** Red fruits & vegetables are important to help maintain: A healthy heart, Memory function, A lower risk of some cancers & urinary tract health – Include a variety of red apples, cherries, red grapes, pomegranates, watermelon, beets, radishes, red potatoes, rhubarb & tomatoes.
Eat a Variety Of Colors Of Fruits And Vegetables Each Day For Health!